

List of In-House Services

Kaleidoscope Salon

Denise Hubbard (916) 486-2710
Open Tuesday, Thursday and Friday
8:00 am - 5:00 pm

Clean Touch

Will Huttunen (916) 600-6161
Laundry services, dry cleaning & alterations
Call for pick up at your front door, every Monday and Thursday!

Family Wash & Dry

Call Mariah at 916-220-8849

Fluff & Fold Services

Celtic Hands Massage

Kevin McLachlan (916) 878-6189

In-house massages

Every 2nd & 4th Wednesday

15 minutes for \$13.00

9:00am-1:00pm

Sign up in the book!

Community Hearing Aid Ctr

Ed Vinson (916) 797-9188

Free cleaning, batteries & check-up!

2nd Thursday of each month at 1:30pm

Craft Room on the 1st floor.

Sign up in the book!

Rite Aid Pharmacy

(916) 784-1590

Will deliver prescriptions to your door.

Blood Pressure Checks

Once a month in the Lobby

3rd Thursday of the month @ 9:30am

Except if there is an emergency call!!

Affordable Canine & Professional Dog Walker

Lisa Free (559)-800-3351

And other services available

Sign up in the book for transportation

Juanita's Valentine Bingo Monday, March 25th 1:30pm in the RR



Luck of the Irish BINGO

Office Hours

Monday-Friday

8:30am-5:30pm

Saturday & Sunday

9:00am-5:00pm

Administrator ~ Juanita Junco

Marketing Director ~ Marlene Squire

Activities Director ~ Tina Evans

Resident Relations ~ Daisey Coronel

R.R. Part Time ~ Traci Gelgood

Maintenance ~ Jack Pesola

Part time Maintenance ~

Bus Transportation ~ Bruce Stuebing

Van Transportation ~ Drew Marcus

Housekeeping ~ Margaret, Phul and

Terri

Part Time Night Porters ~ Joy, Julia,

Kermit, and Justin.

Roseville Commons Contact Numbers:

Office: (916) 786-2751

Fax: (916) 786-2781

Transportation: (916) 870-2452

Kitchen: (916) 786-3724

Activities Office: (916) 749-3189

The Rose Review

Roseville Commons • 275 Folsom Rd. Roseville, Ca 95678 • (916) 786-2751

www.RayStoneSeniors.com, Like us on Facebook <https://www.facebook.com/RosevilleCommonsSeniorLiving/>



Celebrating March

Jam Session ~ Charlie

Friday, March 1st

2:00pm-3:00pm-RR

Sunday Music & Dancing

w/Ken Roberts

Sunday, March 3rd

2:00pm-RR

Mardi Gras Party

w/Jazz-ination

Thursday, March 7th

2:30pm-RR

Tuesday Speaker ~ Sydney

The Ronald McDonald House

Tuesday, March 5th

1:00pm-RR

St. Patty's Celebration

Saturday, March 16th

2:30pm -RR

St. Patty's Day

Music & Dancing

Sunday, March 17th

w/EasySounds Trio ~ Charlie

2:30pm -RR

Tuesday ~ Magic Show

Debi Destiny

Tuesday, March 19th

1:00pm-RR

Happy Saint Patrick's Day

This is a special day for anyone to celebrate. I am half Irish myself; however, I never celebrated Saint Patrick's Day unless I was over at my grandmother's house for dinner on Saint Patrick's Day. She was famous for her corned beef hash, but, my grandma never knew I was not fond of her corned beef hash. Being with my dear sweet Irish grandma for dinner that night, I somehow was able to eat her corned beef hash. It must have been her Irish love that made it so yummy!



Now every year on March 17th, the Irish and the Irish-at heart across the globe observe St. Patrick's Day. What began as a religious feast day for the patron saint of Ireland has become an international festival celebrating Irish culture with parades, dancing, special foods and a whole lot of green. It's the luck of the Irish month: so, come and join us this month for my St. Patrick fun.

Hats off to Chef Brian and his staff for our wonderful Valentine Day's dinner, I have heard many of the residents express that the menu was delicious and the music was perfect, which made for a very elegant evening.

Do not forget to join me for "Luck of the Irish Bingo." WIN a raffle on March 18th at 1:30pm.

Happy St. Patrick's Day to everyone!

Juanita ☺

Fun in March!

Here's a quote from the poet, Ogden Nash, "Indoors or out, no one relaxes in March, that month of wind and taxes, the wind will presently disappear, the taxes last us all the year." This is so true! Make sure you get your taxes done, no procrastinating. I can't believe it is already March, this year is flying by because of all the fun we are having here at Roseville Commons.

Charlie's Friday Jam is going to start this beautiful month off on Friday, March 1st, at 2:00 in the RR. We are going to keep you moving right on into Saturday, March 2nd, with a Wine Social. The Moose Brothers always get everyone up and dancing. We aren't stopping your weekend yet; on Sunday, March 3rd, we have Ken Roberts coming in at 2:00pm in the RR to sing songs by some of your favorites, such as Elvis, Dean Martin, Johnny Cash, and Waylon Jennings. We're just going to keep this fun train rolling onto Tuesday, March 5th. We have Sydney Gonzales from The Ronald McDonald House Charities coming at 1:00pm in the RR to talk with you about how they help sick children and accommodate their families. I hope all of you can attend this Tuesday Speaker Series, because on Friday, March 8th, we will have an outing to visit and donate the can tabs we have been saving.



Are all of you ready to collect some beads? It's Mardi Gras on Thursday, March 7th. We will have our celebration with Jazz-ination at 2:30pm in the RR. I tell you, I'm already tired from all of this fun! Moving on to



Saturday, March 16th, at 2:00pm in the RR, we will be having our St. Patrick's Day Celebration with Capital City Reflections. Come on down for appetizers and a nice cold Guinness beer! Don't forget to wear **green**! Then, on Sunday, March 17th, St. Patrick's Day, we have the EasySounds Trio with our own Charlie Hull playing some sweet sounds at 2:30pm in the RR. You are more than welcome to bring your own libations for this event. I hope all of you enjoy your month of March Madness!

Tina

Marketing Moments



Don't forget that Daylight Savings Time begins this month on Sunday, March 10th and ends on Sunday, November 3rd. Last year, California voters approved Prop. 7; but that won't

immediately stop our twice-yearly chore of changing the clocks.

Instead, the "yes" vote clears the way for state legislators to decide whether to keep daylight savings time all year (or eliminate it entirely). Two-thirds of the Legislature must agree to make either option happen. Did you know that at this point, keeping daylight savings time year-round isn't allowed by Uncle Sam?

The Spring Equinox follows on the 20th! For the Northern Hemisphere, the spring equinox is the moment when winter ends and spring begins. Warmer days will soon be here! Our courtyard gazebo is a lovely spot to relax this time of the year; especially after enjoying one of Chef Brian's scrumptious dinners!



Our Food Focus Group is for you! The goal of the group is to provide feedback, positive and negative, to management so that your

dining experience here at Roseville Commons is beyond compare. Please direct your compliments, concerns, or complaints to one of the members (member list is on the bulletin board in the DR Foyer) and be assured they will be addressed during our monthly meetings.

And last, but not least, don't forget the NCAA's Men's Basketball March Madness. I've heard that there may be a basketball pool happening!

Happy Spring!

Marlene

Friday Excursions

This month I have planned some great outings. We are starting it off by going to Mountain Mike's Pizza in Roseville on Friday, March 1st. They offer an all you can eat buffet for \$9.97 that comes with a drink. We will board the bus at 11:00am for this eat-out only outing. On Friday, March 8th, we will board the bus at 10:30am to head over to the Ronald McDonald Charities House in Sacramento for a small tour. We will present our can TABS to them that we have been collecting throughout the year. So, if you have any TABS you would like to donate, please give them to the office. After our tour, we will enjoy lunch at Crepes & Burgers in Citrus Heights. On Friday, March 15th, we will board the bus at 9:00am for a drive to Daffodil Hill, located in Volcano, CA (by Sutter Creek) to view all the beautiful daffodils. I'm hoping this year the weather will not blow them away.



Unfortunately, that's what happened last year. Afterwards, it's a tasty lunch at Sina's Backroad Café in Sutter Creek. On Friday, March 22nd, we will board the bus at 9:00am, and a muffin and juice will be provided on the ride to the Jelly Belly Factory. They offer a **free, self-guided factory tour** and if you don't want to take the tour, you can do some shopping in their store. We will have lunch at their café inside the Jelly Belly Factory. Our last Friday outing will be on March 29th. We will board the bus at 9:30am to Jackson Rancheria Casino, in Jackson. Return time will be 2:00pm. Good luck!

Tina

Culinary Corner

Hello Roseville Residents,

Top o' the morning to you! Be prepared for a rustic St. Patrick's Day celebration dinner. After one (or four) libations, head on over to the dining room for some tender and succulent corned beef with creamy horseradish sauce.



It will of course be accompanied by red boiled potatoes, braised green cabbage, and steamed dill carrots.

If you're a meat and potatoes kind of person, this meal is literally for you!

Earlier in the month, we will also be having a Mardi Gras themed dinner! Tina will make it a Party Gras, so Laissez les bons temps rouler!!! (That's French for "Let the good times roll!!!")



We have been adding new meals to the winter menu (which I hope you are enjoying) and we are trying to add more fiber into the meals as well. Fiber can be found in oats, barley, whole grains (breads or pastas), nuts, beans, fruits, and vegetables. It is very beneficial for your body, as it slows



digestion, so you feel fuller longer. It also helps lower blood sugar and cholesterol levels, and has also been shown to reduce the risk of heart disease, high cholesterol, diabetes, stroke, obesity and certain types of cancer. So, I hope you are enjoying the flavors and benefits of this!

Chef Brian

